

Healthy Homes

Most people spend over 90 percent of their time indoors and more time at home than anywhere else. Home is also where an environmentally friendly lifestyle is taught and lived. Most of our homes contain household chemicals, such as pesticides and old homes could contain asbestos and lead. These things may harm children, pets or the environment. Consider making your home a healthy environment by taking small steps to prevent and reduce pollution.



CHOICES:

- ✓ Hire a state-certified asbestos abatement professional to remove any asbestos from your home.
- ✓ Test homes built before 1978 for lead-based paint.
- ✓ Exchange old mercury thermometers for digital ones at local health departments.
- ✓ Read labels before you buy, use, store or dispose of household pesticides and chemicals.
- ✓ Test your home for radon.
- ✓ Install carbon monoxide and smoke detectors.
- ✓ Get the Mercury Out! Exchange old mercury thermometers for digital ones at local health departments. Visit: www.deq.utah.gov/Mercury/
- ✓ For more tips on keeping your home healthy, visit: www.deq.utah.gov/Healthy-Homes



Did You Know? A deadly gas is produced when ammonia is mixed with chlorine! These are two chemicals often found in household cleaning products. Never mix household chemicals unless the label indicates that mixing is safe.

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
Daylight Saving Time Begins 11	12	13	14	15	16	St. Patrick's Day 17
18	19	20	Vernal Equinox 21	22	23	24
25	26	27	28	29	30	31